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# A Social Dance Intervention to Nourish Sustainable Quality of Life Outlook in Geriatric Oncology Patients

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**Importance:** Social support is a major determinant of health for geriatric oncology patients. Nevertheless, no DMT program utilizes community building as an explicit focus of intervention.

**Objective:** To design a DMT that fosters a therapeutic approach which relies as much on the interpersonal relationships as on the intrapersonal journey.

**Design, setting, participants:** 12 weeks observational trial of participants, from TJUH geriatric oncology patient population, as they progressed through two series of social dance workshops. The first series of six workshops happened on a weekly basis, with participants filling out a FACT-G survey pre and post involvement. The second series of six workshops occurred biweekly. The dance instructor facilitated every session and maintained journal entries for each one.

**Intervention:** DMT workshop that utilizes the Rueda de Casino, Cuban Salsa, dance structure.

**Main Outcomes and Measures:** Coprimary outcomes were (1) the participant's QoL score change as assessed with the FACT-G survey, and (2) interparticipant relationship development as observed and documented by the instructor. Secondary outcomes were (1) participant's kinesthetic intelligence development through the workshop and (2) participant's demographic information as captured by a non-PHI questionnaire.

**Results:** We had a total of 8 participants (5 African Americans, 3 Caucasians) out of which 5 completed pre and post FACT-G. Total FACT-G score decreased for 2 participants (active Tx and Pre-Tx), both due to a negative  $\geq 2$  points change in FWB subcategory. 1 participant (post-Tx) had a complimentary  $\geq 2$  point change in EWB ( $-\Delta$ )

and FWB (+Δ). 1 participant (remission) had a positive  $\geq 2$  point change in EWB. 1 participant (remission) saw no  $\geq 2$  point change. 4 participants had no change regarding their acceptance of illness, nor a change in the PWB and SWB subcategories.

Interpersonal relationships showed a positive trend towards group cohesion, devotion, and participant-created debrief sessions, which were used for story sharing and emotional support dynamics.

**Conclusion and Relevance:** Social Dance DMT Intervention demonstrated a promising ability to build a social support community among geriatric oncology patients. Further research is needed to tease out efficacy.